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a moment in asking them all to take what she called a family dinner, at the villa, on an early day, which she named. For this the choicest viands and wines were provided, and a French cook and powdered waiter were procured, and a quantity of plate was hired in for the occasion; so that the worthy lady felt so strong, both in troops and in the *matériel de guerre*, that she already, in imagination, beheld her daughter as the wife of the young honourable.

"The day, and the hour, and the guests arrived. Dinner was served. The lady so managed matters, that her daughter was seated next her admirer. Operas and balls were talked of; every thing was in apple-pie order; the soup and fish courses passed away; and a haunch of venison was announced, ambiguously stated as being from the park of a noble friend,—the real fact being, that it was purchased from a butcher, who had it from his lordship's keeper. During the interval that took place before its appearance, John was dispatched for champagne. The company waited; but neither venison, nor champagne, nor servant appeared. A dead silence ensued,—a silence that was agony to the lady. Minutes were added to minutes; the good old citizen rose from his chair, and rang the bell; it tingled in the ears of the company for a while—but its tingling was fruitless. The suspense became fearful.—

"What a pretty parrot you have got," said the young gentleman, at last, in despair. "He is a very pretty bird, indeed," said the lady of the house, "and a very intelligent person, too, I assure you. What have you to say for yourself, Poll?" "Becky, Becky! the pig's liver, and a pot of beer. Quick, quick! come away!" cried the parrot. "The horrid sailors teach these creatures to be so vulgar," said the young lady, in a die-a-way tone. "Becky, Becky!" cried the parrot, "the pig's liver! Quick, quick! Becky, Becky?" and having been once roused from his lethargy, he continued to bawl out the same words, at the top of his voice, till—what, ye gods! was the horror of the lady and her fair daughter, and what was the uncontrollable mirth of the three youths, when the great slipshod country wench entered the room, her left arm embracing an ample dish of smoking hot fried pig's liver, and her right hand swinging a creaming pewter-pot full of beer. "Lucky, indeed, it was that I had it ready, ma'am," said she, as she set the dish and the pot bang down before her mistress, with a self satisfied air, that seemed to crave applause, "for Jowler, the big watch-dog, has runned away wi' the leg of carrion; an' mounseer, wi' the white nightcap, and t'other chap, wi' the flour on his head, will ha' enough ado to catch un." After such a *denouement*, the catastrophe may be conceived.



GYMNASTICS.

We have long had it in contemplation to devote an occasional Number of our little Journal to the amusement and instruction of our juvenile readers, who, we have no doubt, are frequently tired enough of our Old Castles and Ancient Buildings, some of them, perchance, even wearied with our Irish Stories; they may, therefore, consider the present week's publication as intended particularly for themselves. Gymnastic exercises are now so generally recommended by physicians, and are at once so agreeable and beneficial to the bodily frame, that we feel we could not offer the generality of our young friends any thing more to their mind, than an article on the subject with appropriate engravings.

The ancient and modern gymnastics are, indeed, of a very different character; the former were practised at a time when agility and strength were the principal requisites of a warrior, when leaping, hurling the javelin, racing, wrestling, &c. were exercises which alone would fit men for the field, enable them to repel the attacks of their neighbours, or in turn to become themselves the aggressors; when the defence of their own property, or the seizure of that of others, was the employment of a principal part of their lives, the gymnastic art would undoubtedly occupy a prominent place in the education of youth.—The ancient and modern gymnastics must not be confounded. The ancient gymnastics fitted men for the field

and for the fatigues of war—the modern professes only to improve the constitution; to enable men to encounter without injury the close air of the counting-house or the drawing-room; to endure without trouble the fatigues of a city life.

In the engravings will be seen a representation of the manners and exercises generally practised in the schools of the present day—*running, leaping, vaulting, climbing the ladder, the pole and the loose rope, swinging on the bar and leaping with the pole.*

#### RUNNING.

It is evidently necessary to the performance of several of the other exercises that the young gymnast should particularly endeavour to acquire a swift and easy method of running. The most common fault is the taking too short and swift steps, which soon fatigue, and the progress is not so great in proportion as when the steps are longer though less quickly performed.

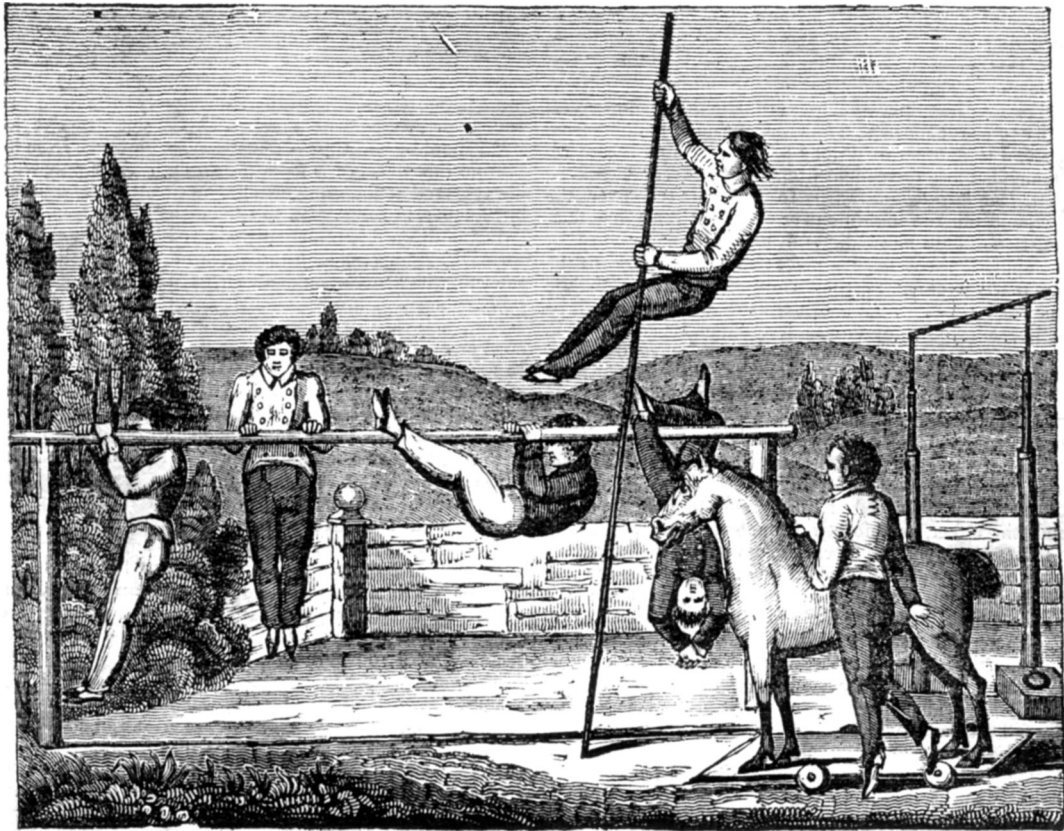
#### LEAPING.

Leaping is the best bodily exercise for the lower members, and therefore occupies a very prominent place in all modern gymnastics. In order, however, to practise this with ease, initiatory exercises are often necessary, such as hopping, and striking the lower part of the back with the feet, and the knees against the breast. In hopping care should be taken to make the steps short and quick, keep-

ing the arms crossed and the head erect. After these exercises have in some degree brought the muscles of the thigh into play, and rendered the knee-joints sufficiently flexible, the pupil may begin leaping. Of leaps there are several different kinds, viz. the long leap with or without a run, the deep leap, or the same leaps with a pole, all of which are very differently performed.

*The high leap without a run.* In order to practise the high leaps it is necessary to construct a leaping stand, which is generally made in the following manner: Two upright posts are fixed in the ground, at the distance of about twelve feet from each other, and having holes drilled in them at every inch, for the insertion of pegs, over which a cord is kept extended by two weights fastened to its extremities.

The leap over the cord must always be made from the side of the stand opposite to which the string is laid, in order that it may give way if struck by the feet. This stand therefore allows of leaping from one side only, and even then the weight often occasions the string to entangle the leaper, although his feet carry it off the pegs. A better stand may be made (if the leapers are not very numerous) with poles that shut up in three joints, one within the other, similar to some fishing rods, as shewn in the engraving. These being drawn out to any required length, and supported in their position by means of small



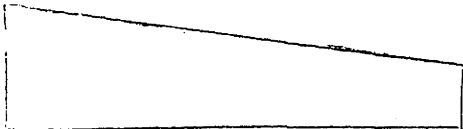
pegs, a thin light cane, in place of the string, is laid along the top of the two poles, which are slightly grooved to receive it. This will be found to fly off with the slightest touch, and never to embarrass the pupil: a circumstance worthy of consideration, as a fall when leaping to the height of eight or ten feet often produces serious injury. This stand may also be used with equal safety from either side; but the poles cannot be set so far asunder as in the other, it being difficult to procure a thin cane that is straight, above five feet in length. In order to learn the high leap without a run, the pupil is directed to place himself at about the distance of four feet from the stand, and having excited the elastic power of his feet by a preliminary leap of about three feet, he springs over the cane. The two leaps should be made very light, and fol-

low one another instantaneously, that the force of the first spring be not lost. It is better for young pupils to begin this with the cane no higher than the knees; but many persons will spring over a cord at the height of the pit of the stomach.

*The deep leap* is a spring from one side of a ditch to the other, which is considerably lower, or indeed from any high place to a low one, and is best performed with the assistance of the hands. By contriving to throw himself partly on his hands, and let the weight of his descent thus gradually pass over to the feet, the gymnast will soon be enabled to leap from a height, that to an unpractised eye would appear dangerous. By continual practise he will in time be enabled to leap with comparative ease from a two pair of stairs window, and thus have a considerable advan-

tage in case of fire over the idle or the sedentary man, to whom a leap from the first floor would be often fatal. For exercise this leap is often performed without the assistance of the hands, and great care must then be taken to fall on the ball of the toes, instead of the heels, as otherwise a very considerable shock may be given to the body. *Dropping* also from a height is often connected with this exercise, and great care must then be taken to keep the knees slack, and the body rather forward in the descent. These exercises must on no account be performed after a meal, as the shock on a full stomach may sometimes occasion hernia.

The long leap without a run is an excellent exercise, particularly for the muscles of the feet, calves, and thighs. It is performed merely by the elastic power of the feet, assisted by a swinging of the hands. The long leaps are best performed over a ditch about a foot deep, and increasing in breadth from one end to the other thus :



taking care that the margin of one side be composed of loose sand to the extent of about two feet and a half, in order that a slip in descending may not strain the feet of the leaper. The broadest end of the ditch need not exceed twenty feet, and the breadth should diminish gradually to about four and a half. Continued jumping from one end to another of a long piece of ground is also recommended as an excellent preparatory exercise.

The long leap with a run is to be practised over the ditch, and the run should never exceed twenty-five feet. The steps should be small, and increase in rapidity as they approach the leaping-place; long steps are to be particularly avoided, as they considerably diminish the force of the run. As it is evident that the spring can be finally made with only one foot, and most persons leap best with the right, some little practise is required to enable the leaper to so far measure the distance with his eye, as to bring that foot forward to leap with. When descending, the feet should be kept close together, the knees slack, and the chest well thrown forward, and on arriving at the ground a light spring should be again made to lessen the shock of the fall; though if the opposite margin be formed of loose sand to the depth of about three feet, as before recommended, no shock can be felt. Many young leapers, however, by throwing the feet too forward, fall backward on coming to the ground, or by separating the legs give to one of them alone the whole weight of the descent, and thereby are apt to receive some unpleasant strains. But, of all the faults of young beginners, the most common is that of endeavouring to hurl themselves along without leaping to a sufficient height: they thus come quickly to the ground, and generally fall on their faces by the strength of their own leap.

The high leap with a run may be performed either by bending the legs under the body as close as possible, immediately on leaving the ground; or by throwing the left leg over the cane, and by drawing the right sharply up to the bottom of the back; or by throwing them together, either to the right or left side, to prevent their catching against the obstacle over which you leap. The run, &c. is the same as in the preceding exercise; and many leapers will in this manner clear a wall considerably above their own height. At Greenwich this exercise is combined with a game of carrying off a ring on the top of a sword while in the act of leaping, and this accustoms the pupils to spring with great precision and coolness.

The long leap with a pole.—We are now come to leaping with a pole which has been said to be *vaulting*, in which the leaper, instead of supporting himself by an intervening object, carries with him a pole, which he places in whatever spot he chooses. This is, however, by no means correct; the support given by a wall, bar, or other fixed object over which you have to move, and on which the hands must be moved, bears but little resemblance to

a moveable pole which swings with your body, and on which you in a manner hang. The pole should be from about six feet to ten, or even thirteen feet long, and about two inches thick at the bottom, tapering to about an inch at the top; ash is the best wood, as fir, though more easily procured straight, is more liable to crack. This pole is held with the right hand about the height of the head, and the left a little higher than the hips. The run is the same as before, but the leap must be made with the left foot. The leaper then swings round to the right of the pole, making a turn, so that his body faces, on his reaching the opposite bank of the ditch, the side from which he set out. The body should be kept near the pole, and the swing must be carefully given, lest, by pulling the pole in a direction lateral to the ditch, you should fall sideways into the ditch. The spring and the fixing of the pole must be made at the same moment, as otherwise the swing is not so strongly made; and, in proportion as he becomes more expert, the leaper may advance his hands higher up the pole, and thereby have a more powerful swing. The feet should be stretched out as far as possible to reach the opposite bank, and if this should be lower than the one from which the leap is taken, the hands should be slid down the pole while in the act of leaping. This exercise is very common in Lincolnshire, Cambridgeshire, and the other fen counties which abound with dykes; but it is there common to throw the body strongly against the pole, and, letting it pass between the legs, to ride over, as it were, upon it.

The high leap with a pole greatly resembles the preceding one, except that, the sweep being smaller, the hands must be more raised, and the legs quickly turned, to prevent their coming in contact with the cord. The left hand should grasp the pole at the same distance from the bottom that the cord is from the ground. The pole is not always fixed at the same distance in front of the sand, but further, in proportion to the height of the leap. The swinging upward is principally effected by the force of the spring as connected with the quick motion occasioned by the run, which, being suddenly checked by the fixing of the pole, changes its horizontal direction to one of a slanting ascent, and thus carries the body of the leaper over the cord or cane. At the same time the leaper must observe to fix the pole right before him, and not either to the right or left, as otherwise the force of the run will throw him from the pole. The best criterion of a good leap is, that the pupil descend in an equal balance to the ground, that is to say, he is not compelled to run backward to keep himself from falling, which is too often the case. The descent should take place on the balls of the toes, and the knees should be slackened to prevent any shock.

**VAULTING**, or the art of leaping over an object with the assistance of the hands, requires next to be attended to. This is performed by placing the hands on the wall, bar, or gate, over or upon which you vault, and at the same time giving a spring; swinging yourself round, and descending with your face towards the object. The leaning of the hands not only gives direction to, but considerably assists the swing, and thereby augments the muscular power of the arms, shoulders, &c., as well as of the legs. In order that this exercise may be practised with ease and safety, wooden horses, whose sides and backs are commonly stuffed with wool, and covered with leather, are to be erected in the gymnasium. 1. The pupil places himself in front of the horse, makes one preparatory leap, and then fixing both hands on it, and springing up, throws his right leg over: the body is then suspended by the support of the hands, and descends gradually to the riding position. In order to dismount, the rider swings himself on his hands, first forward and then backward, and then, closing his feet, throws them both over to the ground. A person may soon learn to mount a horse of any size in this manner.

Vaulting over the horse ought to be frequently practised, as it is applicable in so many instances. With a short run a person may soon learn to throw himself over the height of his chest, and, by shifting the hands, over a broad table. Vaulting on, in a standing position, is performed with a short run; the pupil then places his hands at a little distance from one another on the object, and, at the same time, leaping up, draws his knees forcibly to

wards his breast, so that the feet come up between the hands; the gymnast then, quitting the horse with his hands, stands upright. If he wish to seat himself sideways on the horse, he need only, instead of standing, continue to throw forward his feet, and he will be able to seat himself on the saddle; or should he still continue his leap, he will go over the horse straightforward.

**SWINGING ON THE BAR.**—This, though an exercise not so directly applicable to the accidents of active life as leaping, vaulting, or climbing, greatly augments the muscular power of the body, and must never be omitted in the gymnasium. Bars should therefore be erected similar to those shown in the engraving, and if possible they should be under cover from the rain and sun. The exercises on these bars are so various that we cannot be expected to describe them in detail.—On the double bars the principal ones are performed, either by raising the body on the two hands as the pupil is represented doing, or by swinging along them, or lowering and raising himself by degrees, by the strength of his arms only. On the single bar the most difficult is the seizing the bar with both hands on the same side and raising the body by pulling upward, the feet being meanwhile closed and hanging down. This exercise is very fatiguing, and, though many persons will go through it nine or ten times successively, twenty times will tire the strongest man. Hanging by the arms and legs, or by the arms or legs alone, and swinging in different ways round the bar, are the other exercises on this bar. They should, indeed, never be neglected, as they greatly facilitate the gymnast's progress in the following exercise.

**CLIMBING.**—The uses and advantages of this art are too evident to need any particularisation. In order to practise it in all its varieties, different kinds of stands or scaffolds have been recommended. An upright pole and a common rung ladder are to be attached to a stand formed of two strong posts, as in the engraving. The first thing for pupils to attend to in climbing is to be able to ascend and descend the ladder quickly, without fear, and carrying up with them some burden. When they can easily do this they may begin to ascend and descend the inside of the ladder; this also being accomplished, let them endeavour to descend it with their hands only. The last exercise on the ladder is to ascend it with the hands, the feet meanwhile hanging loose; this indeed, requires considerable exertion, for the whole weight of the body must not only be supported but raised by one arm only, while the other catches at the second step above the head. Climbing the rope ladder is much more difficult than is generally supposed, for, the bottom of the ladder hanging loose, a person unaccustomed to it receives no support from his feet, but rather trouble, as they fly from under him, and give his arms very strong jerks. By degrees, however, he learns to keep his feet stretched out, and thus to avail himself of their assistance. The gymnast may now begin to climb the upright pole; this is done by alternately holding on and raising the arms and legs, and requires nothing but a tight hold by the legs and a strong pull with the arms.—The other methods of climbing the ropes, &c. are better learned by practice and actual inspection than any instructions, however detailed.

Germany was the first country that attempted the revival of these ancient and manly sports. In Denmark, also, the government, intent on a plan of education, issued an order that a piece of ground should be allotted to every public school for the practice of these exercises; and in 1803, no less than sixteen of these establishments were formed in that kingdom. In 1810 a gymnasium was erected at Berlin by the Prussian government, and placed under the direction of M. Jahn, by whose exertions similar institutions have been formed in various parts of Prussia and Germany. In fact no large academy is now considered perfect in those countries which does not include a course of gymnastics in its system. Early in the spring of 1826 a meeting was held in London at the Mechanics' Theatre, Southampton Buildings, Dr. Gilchrist in the chair, to consider the practicability of establishing a London Gymnastic Society. Professor Voelker of Germany came forward and offered to give his instructions gratuitously, and another gentleman pre-

sent advanced the money for the erection of the apparatus. A society was soon formed, and they purchased a piece of ground on the higher part of Spa Fields, near Pentonville. From its elevation it is dry, and capacious enough to accommodate about three hundred gymnasts. These are arranged in classes according to their size and capacity; and the various poles, &c., are constructed of different sizes accordingly. At the ringing of a bell each class changes the exercise in which it has been previously engaged, and begins a new one, according to a plan prescribed by the director. The success of the undertaking has exceeded even the expectation of the most sanguine of the projectors.\*

In Dublin there are at present two public gymnasia, the one in Grafton-street, the other in Brunswick-street, where young persons of both sexes practice at different hours, having exercises suited to their age, habits of body, &c. They are, however, on a very limited scale.

### TRIAL OF COURAGE.

Early in the last century a party of jovial and rather youthful companions were assembled drinking at a tavern in London, in the neighbourhood of a church-yard. One of the set had annoyed the others by boasting of his courage in various nocturnal adventures that he related. At length, another of the party said, that he would take a bet that, brave as he said he was, he would not venture at that hour to visit the church-yard, and bring thence a skull. "Done," said the boaster; and off he went. He soon reached the place and found a skull; twelve o'clock, "the witching hour," struck as he seized it, and a hollow voice from the adjoining tomb said—"That's my father's skull!" "Let him have it then," returned the better, as he threw it from him a little alarmed, and took up another. A voice still more hollow uttered—"that is my mother's skull!" "I'll leave it for her, then," replied the person, tremulously, as he dropped it; and searched for another. As he grasped the third, the voice uttered in a stronger and more sepulchral tone—"That is my own skull!" The person held it firmly, saying—"Then you must have a race for it," and set off more alarmed, which alarm increased as he heard footsteps in rapid pursuit. Exhausted and terrified he rushed into the room at the tavern, where the party was seated, and, flinging the skull on the table, exclaimed—"There's the skull for you, but the owner's at the door." One of those who had heard the bet laid, had slipped out before the boaster, and posted himself behind the tomb, having reached the church-yard before the other arrived there. However, when his companion set off with the third skull, he became frightened, and followed him as closely as he could, fearing some spirit might seize himself.

### CONJUGAL AFFECTION.

Guelph, Duke of Bavaria, and his principal followers, were besieged in the castle of Weinsberg, and having sustained great loss in a sally, they were obliged to surrender at discretion. The emperor Conrad, however, instead of using his good fortune with rigour, granted the duke and his chief officers permission to retire unmolested. But the duchess, suspecting the generosity of Conrad, with whose enmity against her husband she was well acquainted, begged that she and the other women in the castle might be allowed to come out with as much as each of them could carry, and be conducted to a place of safety. Her request was granted, and the evacuation was immediately performed; when the emperor and his army, who expected to see every lady loaded with jewels, gold, and silver, beheld, to their astonishment, the duchess and her fair companions staggering beneath the weight of their husbands. The tears ran down Conrad's cheeks; he applauded their conjugal tenderness, and an accommodation with Guelph and his adherents was the consequence of this act of female heroism.

\* Compiled from the "London Encyclopædia," which contains the plainest and most practical rules we have met with on the subject of Gymnastics.